Table 2

Wild edible plants consumed in Chhota Bhangal

S. no.	Botanical name (family, collection number)	Local name	Life form	Part used	Use	Frequency of use
1.	*Aesculus indica* Hook. (Sapindaceae, PLP 9927)	Khnor	Tree	Fruits	Fruits are ground to make a flour called “seek.” Seek is then kneaded with water to prepare dish for pregnant women.	Occasionally
2.	*Allium humile* Kunth. (Amaryllidaceae, PLP 9963)	Pangri	Herb	Leaves	Thinly chopped fresh leaves are used for flavoring food.	Rarely
3.	*Allium stracheyi* Baker (Amaryllidaceae, PLP 9964)	Van lahsun	Herb	Leaves	Finely chopped fresh leaves used for infusing flavor.	Occasionally
4.	*Amaranthus paniculatus* L. (Amaranthaceae, PLP 9955)	Chaulai	Herb	Leaves	Fresh leaves are cut, fried in mustard oil, and mixed with spices.	Occasionally
5.	*Angelica glauca* Edgew. (Apiaceae, PLP 9941)	Chora	Herb	Roots	Crushed roots are used for flavoring food.	Frequently
7.	*Berberis lyceum* Royle (Berberidaceae, PLP 9937)	Kashmal	Shrub	Fruits	Ripe fruits are eaten.	Frequently
6.	*Berberis aristata* DC. (Berberidaceae, PLP 9950)	Shamle	Shrub	Fruits	Ripe fruits are eaten.	Frequently
8.	*Cannabis sativa* L. (Cannabaceae, PLP 9945)	Bhangolu	Herb	Seeds	Seeds are roasted and then consumed with sugar.	Occasionally
9.	*Capsella bursa-pastoris* Medik. (Brassicaceae, PLP 9965)	Jangli sarson	Herb	Leaves	Fresh leaves are roughly cut, boiled, and fried in mustard oil. Spices are added as per taste.	Rarely
10.	*Chenopodium album* L. (Chenopodiaceae, PLP 9931)	Bathu	Herb	Leaves and seeds	Fresh leaves are roughly cut, boiled, and fried in mustard oil. Spices are added as per taste. Seed also used for making flour.	Occasionally
11.	*Cirsium wallichii* DC. (Asteraceae, PLP 9946)	Bursa	Herb	Inflorescence	Freshly plucked inflorescence is eaten as such by children.	Rarely
12.	*Colocasia esculenta* Schott (Araceae, PLP 9961)	Kachalu	Herb	Whole plant	Young fresh leaves are chopped and boiled. They are later fried in mustard oil and spices are added to it. Tubers locally called “*kachalu*” are also boiled and then fried in mustard oil.	Frequently
13.	*Cotoneaster rotundifolius* Wall. Ex.	Riunsh	Shrub	Fruits	Ripe fruits are eaten.	Rarely

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	Lindl. (Rosaceae, PLP 9962)					
14.	*Diplazium maximum* (D.Don) C. Chr. (Dryopteridaceae, PLP 9966)	Lengadu	Fern	Young fronds (leaves)	Young and immature fronds are wiped with cloth to remove hairs and then cut into pieces and fried. While cooking spices are added. Also used for making pickles.	Almost daily (in rainy season)
15.	*Fagopyrum esculentum* Moench. (Polygonaceae, PLP 9952)	Fafra	Herb	Leaves	Fresh and young leaves are chopped, boiled and fried in mustard oil. Spices are added as per taste. In addition, the dried leaves are stored and used for making vegetable in winters.	Frequently
16.	*Foeniculum vulgare* Mill. (Apiaceae, PLP 9958)	Sounp	Herb	Seeds	Seeds are used to flavor tea.	Frequently
17.	*Fragaria nubicola* Lacaita (Rosaceae, PLP 9930)	Ban aakhre	Shrub	Fruits	Ripe fruits are eaten.	Occasionally
18.	*Impatiens glandulifera* Royle (Balsaminaceae, PLP 9936)	Tilfad	Herb	Fruits	Ripe fruits are eaten.	Occasionally
19.	*Juglans regia* L. (Juglandaceae, PLP 9959)	Khod	Tree	Fruits	Ripe fruits are eaten.	Frequently
20.	*Mentha longifolia*(L.) Huds. (Lamiaceae, PLP 9933)	Jangli pudina	Herb	Leaves	Fresh leaves are used for making chutney and also used to flavoring tea. They are ground on stone bed and spices are added to it.	Frequently
21.	*Morchella esculenta* Pers. (Morchellaceae, PLP 9967)	Guchchi	Fungus	Fruiting body	Fruiting body is chopped into pieces, boiled and then fried in mustard oil and mixed with spices.	Occasionally
22.	*Oxalis corniculata* L. (Oxalidaceae, PLP 9968)	Almori	Herb	Leaves	Fresh leaves are eaten by children.	Frequently
23.	*Oxalis latifolia* Kunth (Oxalidaceae, PLP 9940)	Malori	Herb	Leaves	Fresh leaves are eaten by children. Fresh leaves are also used for making chutney.	Frequently
24.	*Oxyria digyna* (L.) Hill (Polygonaceae, PLP 9969)	Chhoti Chukri	Herb	Leaves	Leaves are chopped into pieces and are used to make chutney.	Occasionally
25.	*Phytolacca acinosa* Roxb. (Phytolaccaceae, PLP 9953)	Jharkha	Herb	Leaves	Leaves are chopped and boiled. After boiling they are fried in mustard oil and then mixed with spices.	Occasionally
26.	*Pinus roxburghii* Sarg. (Pinaceae, PLP 9970)	Cheeltu	Tree	Seeds	Seeds are eaten raw.	Rarely
27.	*Pinus wallichiana* A.B. Jacks. (Pinaceae, PLP 9949)	Cheeltu	Tree	Seeds	Seeds are eaten raw.	Rarely

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28.	*Pleurotus sp.* (Fr.) P. Kumm. (Pleurotaceae, PLP 9971)	Kyaun	Fungus	Fruiting body	The fungus is chopped into pieces, boiled and then fried in mustard oil and mixed with spices. The fungus grows abundantly on *Ulmus wallichiana.*	Frequently
29.	*Prinsepia utilis* Royle (Rosaceae, PLP 9944)	Bhekal	Shrub	Fruits	Ripe fruits are eaten.	Rarely
30.	*Prunus armeniaca* L. (Rosaceae, PLP 9938)	Shaade	Tree	Fruits	Ripe fruits and nuts are eaten.	Frequently
31.	*Prunus cornuta* Steud. (Rosaceae, PLP 9929)	Jamnu	Tree	Fruits	Ripe fruits are eaten.	Frequently
32.	*Prunus persica* Batsch (Rosaceae, PLP 9960)	Aaru	Tree	Fruits	Ripe fruits are eaten.	Occasionally
33.	*Pyrus pashia* Buch.-Ham. Ex D.Don. (Rosaceae, PLP 9932)	Shegal	Tree	Fruits	Ripe fruits are eaten.	Occasionally
34.	*Rheum australe* D. Don (Polygonaceae, PLP 9972)	Chambu	Herb	Leaves	For making vegetable, leaves are chopped into pieces, boiled and fried in mustard oil and mixed with spices.	Occasionally
35.	*Rhododendron arboreum* Sm. (Ericaceae, PLP 9954)	Braah	Tree	Flower	Flowers are used to make chutney with mint and also dried under sun for use in future.	Frequently
36.	*Rosa canina* L. (Rosaceae, PLP 9951)	Jangli Gulaab	Shrub	Fruits	Ripe fruits are eaten.	Occasionally
37.	*Rubus ellipticus* Sm. (Rosaceae, PLP 9973)	Aakhre	Shrub	Fruits	Ripe fruits are eaten.	Frequently
38.	*Rubus foliolosus* D. Don (Rosaceae, PLP 9943)	Aakhre	Shrub	Fruits	Ripe fruits are eaten.	Frequently
39.	*Rumex dentatus* L. (Polygonaceae, PLP 9957)	Milu	Herb	Leaves	Fresh leaves are eaten by children.	Frequently
40.	*Rumex hastatus* D. Don (Polygonaceae, PLP 9939)	Jhemlu	Herb	Aerial part	Aerial parts are eaten raw and also used for making chutney with mint.	Frequently
41.	*Selinum tenuifolium* Wall. ex C.B. Clarke. (Apiaceae, PLP 9956)	Matoshal	Herb	Roots	Locally called dheli, roots are used in making local brew.	Rarely
42.	*Silene vulgaris* Garcke (Caryophyllaceae, PLP 9974)	Bibdughas	Herb	Leaves	Fresh leaves are chopped and boiled. After boiling, fried in mustard oil and mixed with spices.	Occasionally
43.	*Sonchus asper* Hill (Asteraceae, PLP 9934)	Dudala	Herb	Leaves	Fresh leaves are chopped and boiled. After boiling, fried in mustard oil and mixed with spices.	Occasionally
44.	*Stellaria media* Vill. (Caryophyllaceae, PLP 9942)	Khokhua	Herb	Aerial parts	Aerial parts are chopped, boiled and fried in mustard oil. Spices are added while cooking.	Frequently
45.	*Taraxacum officinale* Weber ex F.H. Wigg.	Shershi	Herb	Leaves	Fresh leaves are chopped into pieces and boiled. After boiling they are fried	Frequently

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	(Asteraceae, PLP 9935)				in mustard oil and mixed with spices.	
46.	*Taxus baccata subsp. wallichiana* (Zucc.) Pilg. (Taxaceae, PLP 9948)	Rakhal	Tree	Bark and leaves	Bark and leaves of Rakhal are used for flavoring tea.	Occasionally
47.	*Thymus linearis* Benth. (Lamiaceae, PLP 9975)	Van Ajwain	Herb	Seeds	Seeds are used for flavoring tea.	Frequently
48.	*Urtica dioica* L. (Urticaceae, PLP 9928)	Kushak	Herb	Young leaves	Young and fresh leaves are chopped into pieces, boiled and then fried in mustard oil and mixed with spices.	Rarely
49.	*Viola pilosa* Blume (Violaceae, PLP 9947)	Banaksha	Herb	Flower and leaves	Flower and leaves of banaksha are used for flavoring tea.	Occasionally
50.	*Zanthoxylum armatum* DC. (Rutaceae, PLP 9976)	Tirmir	Shrub	Fruits	Ripe fruits are eaten.	Rarely